

The SHEPPARD SENATOR

Sheppard Air Force Base, Texas, home of the 82nd Training Wing and 80th Flying Training Wing

Armed Forces Day Activities

Sheppard will celebrate Armed Forces Day today with a parade and cookout. The multi-service parade starts at 4:30 p.m. at the parade field. The cookout is 4-8 p.m. at the community center. The cookout is free to meal cardholders and \$3.25 for everyone else. There will be volleyball, wallclimbing and a DJ for entertainment.

Team Sheppard Safety Day

Team Sheppard's Safety Day is May 24. Commanders should use this time to emphasize personal responsibility in managing risk as a means to preserve our assets and prevent harm to our people.

To supplant Safety Day, the 82nd TRW Safety Office will sponsor a Safety Fair at the student center from 11 a.m. to 3 p.m. This year's theme is "Personal Risk Management." Everyone is invited to attend.

Pool season is here

The main pool and Bunker Hill Water Park will open Saturday. For hours of operation, call 6-6494 (main pool) or 6-4161 (Bunker Hill).

Bike to Work on May 31

Help Team Sheppard win Bicycling Magazine's Bike to Work Challenge. More information to follow in the May 24 *Sheppard Senator*.

89th FTS Change of Command

The 89th Flying Training Squadron Change of Command ceremony is Thursday at 3 p.m. in Bldg. 2414. Lt. Col. Bernard Shwartz will assume command of the squadron from Turkish Air Force Lt. Col. Yusef Enginol.



Air Force art

Canadian artist Ken Dallison, one of three professional artists who visited Sheppard last week, works on a water color of an F-15 trainer aircraft in Bldg. 1045 on Saturday. After spending four days at the 80th Flying Training Wing and 82nd Training Wing, the artists returned to their studios to finish paintings for the Air Force Art Program that will highlight Sheppard's mission. Dallison was here with fellow artists Lou Police of Pasadena, Calif., and Jim Sharpe, a resident of Wichita Falls. (Photo by Master Sgt. Jeff Szczechowski)

AETC members to travel in uniform

RANDOLPH AIR FORCE BASE, Texas (AETCNS)—To further demonstrate the pride and commitment America's airmen display every day serving the nation, and to heighten public awareness of the role the Air Force is playing in defending America, all members of Air Education and Training Command will be in uniform when on official travel, according to the AETC commander.

In a command-wide memorandum released April 29, Gen. Don Cook announced the uniform wear policy is in effect immediately.

According to the command policy, airmen of all ranks in AETC will wear a blue service uniform, with either a short- or long-sleeve shirt including tie or tab,

when traveling on temporary duty at government expense in the continental United States. Members have the option of wearing the lightweight blue or leather jacket.

"I am convinced we must demonstrate our presence in society," said General Cook in announcing the policy. "One way to do this is to proudly wear our uniforms while traveling TDY at government expense. I believe this added visibility will remind the civilian population that the Air Force is a great way of life with many career opportunities."

The policy contains the following exceptions, and people may wear civilian attire when:

— Members with a confirmed flight

upgrade under the Congressionally approved frequent-traveler benefits program. Members are reminded they may not accept on-the-spot upgrades when in uniform.

— Conditions, such as long trips with extended layovers, would result in a less than professional appearance.

The uniform wear policy will also be reconsidered based on the continuing threat when in Force Protection Condition Charlie or higher.

Before traveling overseas, people must consult the Department of Defense Foreign Clearance Guide for uniform wear travel restrictions and should comply accordingly.



Brig. Gen. Arthur Rooney Jr. speaks to a class of Air Force Junior ROTC students at Burk Burnett High School Wednesday. General Rooney shared his experiences in the Air Force with the students. (Photo by 2nd Lt. Ann Hatley)

Access to ITT Office at the Community Center

Q I was unaware that the information, tickets and tours office had moved upstairs at the community center. It was quite an ordeal to get myself, my 6-month-old baby and a stroller up those two flights of stairs. I was wondering why there is no other access to the second floor. Since they've moved, disabled people don't have access. Can anything be done about the access?

A The decision to move ITT upstairs was due to the lack of office space. The upstairs area was the only available alternative. Customers may call the ITT office from a downstairs phone and the ITT representative will assist, as needed, to include delivering the order downstairs. Signage is in place at the door

leading upstairs. On June 1, ITT will make a transition to incorporate Leisure Travel into its existing services. The ticket and tour portion of ITT will then be combined with the Leisure Travel Office, which is still located on the first floor. The only services that will be housed upstairs will be the balloon and gift shop. The ITT customer service representatives will continue to take orders downstairs for those customers who are unable to use the stairs. The services division point of contact is Denice Tilley at 6-2302.



**Action Line 676-2000,
action.line@sheppard.af.mil**

The 82nd Training Wing's Action Line is your direct line to me for any concerns and suggestions you have. I am personally involved in every reply, and I am committed to making Sheppard AFB a better place to live, work and play. Before you call the Action Line, however, I ask that you give your chain of command or other base agencies an opportunity to work your concerns. If you still do not receive a satisfactory response, call me at 676-2000, or send an e-mail to

action.line@sheppard.af.mil. Please include your name and telephone number. Those concerns with a wide impact at Sheppard may be published in *The Sheppard Senator*.
AAFES.....6-2211
AF suggestion office.....6-IDEA
AFI 36-2903 issues.....6-2984
Civil engineer/housing...6-2846
Facilities maintenance...6-6524
Civilian pay.....6-4890
Commissary.....6-2750
Comm squadron.....6-5524
Dress and appearance.....6-2984
Education office.....6-6231

Family support.....6-4358
Fraud, waste and abuse...6-2222
Inspector general.....6-2031
Military pay6-1851
MEO.....6-2360
Patient advocacy.....6-7791
Safety.....6-4149
Security forces.....6-2379
Services Division6-2089
CDC.....6-4244
Youth center.....6-5395
Golf course.....6-6369
Billeting, gyms, athletics, and dining hall.....6-7429
South bowling center.....6-2170
Victim assistance.....6-7206
Base straight talk line.....6-4438



The 82nd Training Wing quarterly award winners pose with sponsors after the May 9 awards luncheon. Award winners were: Airman: Airman 1st Class Katherine Guinn, 82nd MDG; NCO: Tech. Sgt. Kevin Drennen, 982nd TRG; Senior NCO: Senior Master Sgt. Lucia Carracedo, 82nd MDG; CGO: Capt Marc Gonzalez, 82nd LG; Honor Guard, Junior Guardsman: Airman 1st Class Ashley Gibbs, 882nd TRG; Honor Guard Senior Guardsman: Staff Sgt. Eric Dickenson, 82nd TRW; Civilian (Wage Grade): Douglas Hill, 82nd SPTG; Civilian (Wage Grade Supervisor): Anthony Anderson, 82nd SPTG; Civilian (GS-8 and Below): Carole Jones, 82nd LG; Civilian (GS-9 and Above): Machel Humphrey, 82nd MDG. (Photo by Sandy Wassenmiller)

Published by the Times Publishing Company of Wichita Falls, Texas, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 82nd Training Wing.

This commercial-enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of *The Sheppard Senator* are not necessarily the official views, or endorsed by the U.S. government, the Department of Defense or the Department of the Air Force.

The appearance of advertising in this publication,

including inserts or supplements, does not constitute endorsement by the DoD, the Department of the Air Force or the Times Publishing Company of the products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or other non-merit factors of the purchaser, user or patron.

Content is edited and prepared by the 82nd TRW public affairs office. Copy deadline is noon Friday the week before publication. All photos are U.S. Air Force photos unless otherwise credited. E-mail submissions to SheppardSenator@sheppard.af.mil 82nd TRW/PA, 419 G Ave., Ste. 3, Sheppard AFB, Texas 76311-2943

82nd Training Wing commander
Brig. Gen. Arthur Rooney Jr.

Sheppard Senator editorial team

Director of public affairs.....Lt. Col. John Skinner

Chief of internal information.....Mike McKito

Deputy director.....2nd Lt. Ann Hatley

Noncommissioned officer in charge.....Master Sgt. Jeff Szczechowski

Editor (6-7243, Pamela.Stratton@sheppard.af.mil).....Airman 1st Class Pamela Stratton

Action Line coordinator (6-2000).....Terri Tyler

Primary care management teams provide healthcare optimization

Team concept achieves high quality patient care, customer service

By Capt Robin White-Reed
Health care integrator

Change continues to sweep across the healthcare industry, and the Military Health Service is not immune to the effects. We must maintain a fit and ready force, respond to world crises, and yet provide high quality patient care with world-class customer service. Primary Care Optimization is how we achieve these lofty goals! In PCO, we invoke the team approach while focusing on maintaining a healthy life style, not just providing "sick care." To maintain wellness, healthcare teams must deliver the most appropriate care, by the most appropriate provider, at the most appropriate time in order to optimize the care of the patient.

Healthcare optimization at the 82nd Medical Group is provided by groups of professionals on primary care management teams. Each patient is enrolled to a team that consists of a provider, a registered nurse, two medical technicians and/or aerospace medical technicians and a medical administrative technician. The goal of the team is to provide the best medical care at the highest level of expertise of each member. In

fact, some of the roles and responsibilities for the PCM team are quite different than those previously exercised.

Healthcare providers continue to represent the clinical expert and coordinate the team to ensure that the patient receives the highest quality of care. Registered nurses have the responsibility of prioritizing patient care through telephone triage, managing the care of patients with chronic diseases and providing patient education. The medical technicians are highly trained and evaluate the patient's preventive care needs, obtain detailed health histories, perform limited physical exams and order labs and X-rays when supported by a provider. The administrative specialists are known as information experts. They obtain, organize and maintain the outpatient medical record, perform basic data entry and greet the patient upon check-in. Providing seamless quality patient care as a team is the ultimate goal of PCO.

Primary Care Optimization fulfills the mission of providing "high quality care with world-class customer service" to you, the customer, through a series of initiatives:



Capt. Adrienne Clark, PCO nurse, and Airman 1st Class Edgardo Santos, medical technician, study the lab results of a patient who is enrolled to their primary care management team. (Photos by 2nd Lt. Ann Hatley)

- Being customer-focused
- Knowing our patients and our patient's needs
- Ensuring our patients know who their PCM team members are
- Being proactive in the needs of our patients
- Instilling the positive habits of prevention in our patients
- Providing appropriate access to medical care

You, the customer, can also play an integral role in maintaining

your health and the health of your family members. Be an active participant in the healthcare team! Take great care of yourself. Consult your PCM about your preventive health care needs and schedule the recommended exams. Eat a well-balanced diet and incorporate exercise into your weekly routine. Last but not least, be diligent in following sound medical advice. With

these few steps, together we can easily achieve the goal of optimizing your health!

For additional information on Primary Care Optimization, contact the Health Care Integrator/Group Practice Management office at 6-6048. For information on your assigned provider contact the Medical Resource Management office at 6-7595.



Maj. Anne Magpuri, pediatric nurse practitioner, and Denise Gresham, licensed vocational nurse, examine Samantha. Primary care management teams ensure that all patients receive the highest quality health care.

Sheppard's chief nurse salutes nurses worldwide

I know first hand the tremendous sacrifices nurses, especially military nurses, and medical technicians make in caring for our patients. I've seen our nursing services staff in combat, humanitarian and peacetime situations. They offer so much of themselves. Our nation is in a time of a nursing shortage. The military, as well as our civilian colleagues, is feeling the pinch of this shortage. Throughout this tumultuous time, I've seen only outstanding support from our

Sheppard nursing services staff. Support from the Family Practice and Internal Medicine Nurses and techs, who are seeing multitudes of patients and ensuring our active duty troops are ready for deployment. Support from our emergency room nurses and techs as they see our beneficiaries 24 hours a day, 7 days a week. Our inpatient nurses and techs on our medical-surgical, special care and mental health units care for our patients day and night, providing the finest possible health care for our beneficiaries of military medicine.

Perhaps you know of some people you can encourage or inspire to seek nurse training. We are seeking people with courage and pride in their performance to become one of the people who really contribute to the healthcare of our population.

I'm so very proud to be a member of the Air Force Nurse Corps and to have recently celebrated Nursing Services Week.

~Col. Shirley Black, chief nurse, 82nd Medical Group

Air Force people will benefit from new tuition assistance policy

WASHINGTON (AFPN) — Air Force people soon will benefit from a new Department of Defense tuition assistance policy that pays 100 percent of the cost of tuition for off-duty courses, according to Air Force education officials.

"The policy, effective Oct. 1, 2002, will pay tuition costs and mandatory fees for up to a maximum of \$250 per semester hour, or \$750 per 3-hour course," said Jim Sweizer, chief of the Air Force voluntary education branch at the Pentagon. The policy also includes a \$4,500-per-year tuition assistance ceiling.

"In the past, we only paid in-

structional fees, such as a lab fee for science courses," Sweizer said. "Under the new policy, as long as the total cost falls under the authorized total, the student doesn't have to pay any money out of (his or her) pocket."

However, tuition assistance cannot be used to pay for textbooks unless they are included in an academic institution's published tuition rates, he said.

With 100 percent tuition assistance available to airmen, some people might opt to waive contributing to the Montgomery GI Bill, Sweizer said. He recommends bluesuiters continue to take advantage of the benefits the GI Bill presents.

"Not everyone will be able to complete his or her education while on active duty," he said. "Having the MGIB as an alternative for later use is a wise investment."

The increase to 100 percent tuition assistance was authorized by Congress two years ago but was not funded until fiscal 2003. The tuition assistance program is the same across the entire Defense Department. Each service had two years to develop a plan to make the programs work together.

For more information regarding the new tuition assistance policy, contact local education centers.

Leaders send joint Armed Forces day message

WASHINGTON (AFPN) — The following is a joint Armed Forces Day message from Dr. James G. Roche, secretary of the Air Force, and Gen. John P. Jumper, Air Force chief of staff:

"More than 50 years ago, President Truman set aside Armed Forces Day to honor our nation's soldiers, sailors, airmen, Marines, Coast Guardsmen, members of the Guard and Reserves, and our civilian teammates. Armed Forces Day gives all citizens the opportunity to reflect upon and honor the service of those who guarantee America's freedom both here at home and abroad.

"It is appropriate too that we acknowledge our fellow service men and women who have gone before us. They provided a lasting legacy of honor and commitment that continues to this day. Their example of selfless sacrifice inspires noble tradition and enduring freedom for all Americans everywhere and for generations to come.

"We salute you and your family's proud service to our great nation."

Air Force announces Thrift Savings Plan open season

RANDOLPH AIR FORCE BASE, Texas (AFPN) — Civilian and military employees can enroll or change their contributions during the Thrift Savings Plan's "open season" May 15 to July 31.

"TSP is an easy, long-term retirement savings plan, that everyone should consider," said Lt. Col. David Zeh, Air Force Personnel Center's contact center chief here. "It's a great supplement to military and civilian retirement plans, and you only contribute what you feel you want to."

TSP offers investors the chance for lower taxes each year they contribute because they don't have to pay taxes on earnings until reaching retirement age.

"Other features of the plan include a choice of five investment options, and an easy way to move your money between those options," said Janet Thomas, of the center's civilian benefits and entitlements service team. You can take out loans from your own contributions and earnings and make in-service withdrawals. Another great benefit is that TSP is 'portable,' you can keep it if you leave military or federal service."

The investment money can be paid directly out of each paycheck so people never have to think about it, said Col. Zeh.

"That makes it so easy to 'pay yourself

first,'" he said.

"Employees already contributing to TSP area encouraged to review their TSP plan and account balances," said Thomas.

Some of the specifics of the military program include:

— Military members can initially contribute up to 7 percent of their base pay with the option to increase that to 10 percent by 2005. They also have the ability to contribute all or part of their bonuses or special pay up to \$11,000 in 2002.

— Those serving in tax-free combat zones are allowed up to \$40,000 in annual contributions.

— Military members can enroll through the Defense Finance and Accounting Service Web site, or go to the local military personnel flight, finance office or family support center and ask for form TSP-U-1.

— Contribution allocations are made by calling the TSP automated ThriftLine at (504) 255-8777 or on the TSP Web site. For general TSP questions, call the AFPC Contact Center at DSN 665-2949 or (800) 558-1404.

Civilian contribution limits are based on which retirement system an employee has. For the current open season, the following contribution rates apply:

— Federal Employees' Retirement System employees may contribute up to 12 percent of their basic pay each pay period. Once eligible, the government provides matching funds of up to 4 percent as well as an automatic 1 percent each pay period whether the employee contributes or not. This brings the maximum government contribution to 5 percent.

— Employees covered by the Civil Service Retirement System may contribute up to 7 percent of their basic pay each pay period, but do not receive any matching contributions.

— The amount FERS and CSRS employees may contribute will increase by 1 percentage point each year through 2005, when they will be restricted only by the Internal Revenue Code's annual limit, currently \$11,000, said Thomas. Beginning with the Nov. 15 open season, FERS employees can contribute 13 percent and CSRS employees can contribute 8 percent.

— All Air Force civilian employees must make their TSP contribution elections, the amount they want to contribute from their basic pay, or changes through the BEST automated phone system or Web application by July 31. The BEST phone system may be reached at

(800) 997-2378, or commercial 527-2378 within San Antonio. Hearing impaired employees may contact BEST by calling TDD (800) 382-0893 or commercial 565-2276. Overseas employees will dial a toll-free AT&T access number or MCI direct access number for the country they are in. Counselors are available Monday through Friday, 7 a.m. to 7 p.m. CDT.

— Contribution allocations (how an employee chooses to invest their money among the five funds) are made by calling the TSP automated ThriftLine at (504) 255-8777 or on the TSP Web site.

The five TSP funds are: Government Securities Investment (G) Fund; Common Stock Index Investment (C) Fund; Fixed Income Index Investment (F) Fund; Small Capitalization Stock Index Investment (S) Fund; and International Stock Index Investment (I) Fund.

Specific information is available for civilian employees from the Thrift Savings Web site at <http://www.tsp.gov/> or the BEST home page at <http://www.afpc.randolph.af.mil/dpc/BEST/menu.htm> and for Air Force military personnel at http://www.afpc.randolph.af.mil/mpf/TSP/thrift_savings_plan.htm. (Courtesy of AFPC News Service)

80th FTW hosts ENJJPT Sponsorship Day



Pilots at the 80th Flying Training Wing treat the ENJJPT nation sponsors to the first annual Sponsorship Day on May 8, which was held to roll out the red carpet and say thanks to the sponsors. Nation sponsors are families in the local community who play an important role in the ENJJPT program by providing support to the international pilots and their families. (Photo by Sandy Wassenmiller)



Safety Corner

Bicycle Helmet Safety

Bicycle helmets are a matter of life and death - wearing one should not be optional for you or your children. This cannot be emphasized enough, and they are mandatory on all DoD installations. Remember that three out of four bike mishaps involve an injury to the head, and a crash could mean permanent brain damage or death for any individual who doesn't wear one while riding.

When buying a helmet, turn it over, and look inside for either a "CPSC" or "Snell" sticker. A CPSC sticker means the helmet meets tough Consumer Product Safety Commission standards, which were introduced by the U.S. government in 1999. A "Snell" sticker on the helmet means it is approved by The Snell Memorial Foundation—a non-profit organization that tests helmet safety and also sets stringent standards. Only buy helmets that are approved by either of these two safety stan-

dards. Helmets made before 1999 (look inside the helmet to see what year it was made), should be replaced with a newer helmet that meets one of these two safety standards. Make sure the helmet has the correct fit and adjustments.

After taking a serious hit, helmets lose their capacity to absorb shock. They are designed that way, and a very hard blow alters the inner foam structure. If you or your child have a significant fall and hit any surface hard with the helmet, immediately replace it.

Children must also wear their bicycle helmets when skateboarding, roller-skating, rollerblading, roller-skiing or using their scooters. It should be noted, though, that children should never wear bicycle helmets while playing on a playground, because bike helmets can get caught in small spaces in the equipment, trapping your child's head and leading to choking or strangulation. (Courtesy of 82nd TRW Safety Office)

Hospital closure

The base hospital will be closed for an official function today from noon to 4:30 p.m. Emergency services will be available through the Emergency Services Department at 6-2333.

Housing office closure

The housing office will be closed May 30 from 11 a.m. to 1 p.m. to allow housing employees to attend a retirement luncheon for two of their coworkers.

Telephone switch

Due to the upcoming installation of a new telephone switch at Sheppard, telephone work requests will not be accepted after May 31. The installation of the new switch is scheduled to be completed Nov. 11. For any questions or concerns, please contact the 82nd Communications Squadron at 6-2054, 6-4433 or 6-5581.

National Association of Retired Federal Employees meeting

Wichita Falls Chapter 246, National Association of Retired Federal Employees, will host a fish fry on Saturday. The event will be held at the Communication Workers of America Union Hall located at 3424 Barnett Road. Serving time is from 11 a.m. to 2 p.m. There is no cost for eligible members. Current employees and retirees are welcome.

The next regularly scheduled meeting is Tuesday at the Piccadilly Cafeteria in Sikes Senter Mall. Meeting time is 11 a.m., and the meal is optional.

For more information, call Jimmie Griffith at 692-7676, Patsy Shell at 855-1821, Agatha Graves at 586-1159 or Margie Sraw at 692-9819.

Quarterly CCAC meeting

The next Quarterly Consoli-

dated Consumer Advisory Council meeting will be Thursday at 1:30 p.m. in the community center conference room. This meeting is to flow information to the support organizations, which are the commissary, AAFES and Services Division. This is a forum where active duty, dependents, retirees, and anyone else who is interested are invited to address any concerns they may have about services or products. For more information, call Judy Kimberlin at 6-2745 or Walter Tyndale at 6-2745.

AFSA meeting Tuesday

The Air Force Sergeants As-

sociation, Chapter 1054, will be holding a general membership meeting at the enlisted club from 3:30-4:30 p.m. on Tuesday. The benefits of the Thrift Savings Plan will be briefed.

Praise team musician/director wanted

The Sheppard Chapel is accepting bids for a praise team musician/director. A statement of work is available for review in the chapel's bookkeeper's office. Individuals interested should stop by the south chapel Monday-Friday, 8 a.m. to noon to review the statement of work and submit a "sealed" bid for the position. All bids must be re-

ceived by 4:30 on May 30.

Army bake sale

The soldiers of Sheppard will hold a bake sale today at the community center beginning at 7 p.m. and lasting until the food is gone. Proceeds will support the Army Birthday Ball, held on June 14.

Army Birthday Ball

The first Sheppard Army Birthday Ball will take place at 7 p.m., June 14 at The Radisson in Wichita Falls. Designed to honor the Army's 227th birthday, the event is open to all members of the Sheppard community.

This year's theme is "On Duty For America's Freedom." Retired Col. Thomas Pettibon will be the guest speaker. Pettibon currently serves as a faculty member and JROTC sponsor at Hirschi High School.

Guests can choose from sliced sirloin, grilled salmon or chicken milano. In addition to dinner, there will be a streamer ceremony. A photographer will be on hand before the ceremony, and during intermission.

Anyone who wishes to attend can call Sgt. Jones at 6-3975 or Sgt. 1st Class Matthews at 6-8174. The deadline to request tickets is May 31. Ticket cost is \$30.

Chapel to hold annual Protestant Round Down service

The base chapel will be holding the annual "Protestant Round Down" on Sunday at 10:30 a.m., at the base theater.

This is an opportunity to say "thank you" to all who participated in this past year's activities and programs. This program is the final service of the wing chaplain, Chaplain (Col.) Brian Van Sickle.

The chapel invites all of Team Sheppard to

this inspirational and moving service, which will be followed by a meal catered by the officers club at the community center.

For more information, call the base chapel at 6-4370. *(Courtesy of the base chapel)*



Drinking and driving don't mix!

Student Stuff

Happenings on base and in the community

Student center events

Every Monday, 6-8 p.m. - spade tournament

Every Monday, 6-8 p.m. - jam session bring your own instrument/equipment.

Every Tuesday, 5-8:30 p.m. - Country Video Night in the pub.

Every Wednesday, 7-9 p.m. - Variety Dance Night in the pub. Listen to Latin, hip-hop and R&B.

Every Thursday, 5-9 p.m. - Video Night in the pub.

Every Friday and Saturday, 7-11:30 p.m. Club BDU

Every Sunday, 3-5 p.m. -billiards tournament in the pub.

Hours of Operation

Mon-Thurs: 10:30 a.m. to 10 p.m.
Friday and Saturday: 10:30 a.m. to 1 a.m.

Sunday: Noon to 10 p.m.

Holidays: Noon to 8 p.m.

Student center comedy jam

The Student Center welcomes Comic View comedians Marlin "Wan" Dexter and Dexter Smiles on Saturday, from 8-9 p.m., in the main ballroom, followed by a dance. For more information, call Sam or Lisa at 6-7659.

Special Dance

Club BDU Memorial Day

Dance, May 26, from 7 - 11:30 p.m.

Memorial Day Bash

The student center will host the Memorial Day Bash/Battle of the Bands, May 27, from 1-6 p.m. For more information, call Lisa Christman at 6-2491.

Chapel Events

Sheppard chapels offer a variety of programs for student enrichment:

Saturday

On Saturday, all students are invited to the "Solid Rock Cafe," held each Saturday at the south chapel. Dinner is served at 5 p.m., and a variety of scheduled activities take place from 4-9 p.m.

Tuesday

Base chaplains offer helpful classes every Tuesday, 2-4 p.m., in the north chapel for students awaiting training or for those having already graduated.

Sunday

Students are invited to the north chapel at 5 p.m. on Sundays for Bible study, an informal get-together with refreshments and student-led music, and ending with athletic activities at the north fitness center.

To place an ad in the Senator, call 767-SOLD.

The dog days of summer: helpful hints to keep cool pets

With warm weather approaching, most people are being careful not to overexert themselves when it's hot outside. However, some pet owners forget that their pets can also suffer from the heat.

Dogs and cats cannot sweat to regulate their body temperature. They pant to keep cool. On severely hot and humid days an animal may not be able to pant enough to keep from overheating. The animals that have the most problems with heat are those that are either old, overweight, have lots of hair, have "pushed in" faces

(like bulldogs, pugs and Persian cats), aren't used to the heat (like pets that are usually kept inside or have recently moved to Texas), or are very large.

To help pets stay cool this summer, make sure they have unlimited access to cool, fresh water and shade. A child's wading pool is a great way for large dogs to cool off, either by laying in the water or splashing water on themselves. If a pet owner opts for this method make sure the pool is empty when no one is around. Base regulations prohibit leaving a

full wading pool unattended in Sheppard housing.

Exercise dogs early in the morning or after 7 p.m. Don't expect the dog to be able to suddenly run two to three miles a day after it's been a "couch potato" all winter. If possible, keep pets inside during the hottest part of the day, from 11 a.m to 2 p.m.

Never leave a pet locked in a car. The inside of a car, even with the windows rolled down, can quickly reach temperatures of 130 degrees or more. At these temperatures a pet

can die within 5 to 10 minutes. So, be kind to the pet. Leave it at home.

Signs of heat stroke range from rapid, shallow breathing and weakness to unconsciousness. The animal will have a temperature of at least 106 F. If someone finds their pet outside and it's limp and not responding to their voice, they should begin cooling it off. Move it into the shade and run water from the hose over the pet or place the animal in a tub of cool water (make sure to keep its head

above water). Call a veterinarian as soon as possible so that the vet can be ready for the pet when it gets to the clinic.

Play it smart this summer. If it's too hot outside for a person, it's probably too hot for a pet, too.

For more information on how to keep pets cool this summer, call the Sheppard Veterinary Treatment Facility at 6-6883, on Monday, Wednesday or Friday.

(Courtesy of the base veterinary treatment facility)

E-mail: Friend or foe?

By Col. Paul Capasso

AETC director of communications and information

Whether sitting at a desktop computer at work or at home, or in the middle of a vast desert using a personal digital assistant, e-mail provides us a worldwide means to exchange information.

While e-mail provides our warfighters another tool to aid in the successful completion of their missions, it comes with risks — the risk that an adversary may intercept vital information; the risk that a computer virus or denial-of-service attack can bring this communications capability to a standstill; the risk of an adversary impersonating — or as it's referred to in the world of computer hackers — spoofing — a legitimate military entity; and the risk of classified information being compromised by transmission through unclassified e-mail systems.

To support the warfighter, the Air Force is implementing several programs that will enhance our ability to communicate throughout the entire spectrum of conflict. The Defense Message System provides us a means to securely send and receive e-mail while providing authentication between sender and receiver. The new Common Access Card will not only replace our current ID cards, it will also enable us to use public key infrastructure to authenticate e-mails. The Air Force Common User Virtual Private Network provides encryption between Air Force bases to further secure e-mail messages.

But as fate has it, there is not a single technological silver bullet available that will protect us from a determined adversary. Because we must be prepared to operate in an environment of cyber uncertainty, risk management and mitigation are critical tools in the Air Force's toolbox to ensure we can leverage the advantages information technology has to offer. Mitigation of risks is accomplished

through policies, standards, processes, tools, training and awareness in dealing with incidents to ensure our networks are available for use when and where it is required.

These tools, however, are only as good as you, the user, understand and remain actively engaged in the information security process. Gone are the days of posting a sign on your login screen saying, "Please restrict all hacking attempts between the hours of 0700 to 1900, Monday thru Friday."

The theme for Information Assurance Campaign 2002 is "Defeating Global Terror ... Demands Effective Information Assurance." As the campaign continues, we challenge you to become the key link in the information assurance process and to increase your understanding of the vital components that comprise this critical program.

More information is available at the Air Force's Information Assurance Campaign 2002 Web site at <https://www.afca.scott.af.mil/ip> or on the AETC Web site at <https://www.aetc.af.mil/sc/>.

(Editor's Note: Each major command in the Air Force is responsible each month for publicizing a different topic for the information assurance awareness campaign. The topic for AETC in May is e-mail.)



Smart running can keep you going

By Capt. Anne Whitis

82nd MDOS physical therapist

Are you thinking about beginning a jogging program now that the weather is warming up? Do you hesitate because you are traumatized by flashbacks of last season's attempt that included painful memories of shin splints, knee or foot pain and sore muscles? Don't abandon all hope yet. You can prevent many of these "overuse" injuries by paying attention to three key factors.

First, learn to warm up properly. Use the first several minutes of your session as a warm-up. A proper warm-up gradually elevates your heart rate, increases blood flow to muscles and joints and actually warms the body tissues. A typical warm-up may begin with a brisk walk for three to five minutes followed by a very slow trot for another three to five minutes. As you feel your body warming and loosening up, pick up your jogging speed in a stepwise fashion until you are at a comfortable pace that you

can maintain for the duration of your run.

Second, stretch properly. It's appropriate to stretch gently before jogging. It's imperative, however, to stretch thoroughly after your jog. Warm tissues stretch better than cold tissues, and after you run, while your body is still warm, your muscles are in optimal condition to be stretched. At a minimum, stretch all the major muscle groups in the legs to include quadriceps, hamstrings, groin, lateral hip and back area and the calf muscles. Do not bounce when you stretch. Use a slow, sustained hold for 10 to 30 seconds (longer is okay).

Third, get a good pair of running shoes and get shoes that are made for your particular foot type. All the running shoe manufacturers make shoes for normal, flat and high arches. Flat footers need shoes with rigid arch support. These shoes are called "motion control" shoes. Those with high arches need soft arch support and should look for "cushioned" running shoes. The shoe for a normal foot is called a "stability" shoe

and is a blend of cushion and support. A helpful hint is to check out the shoes at the base exchange. The above information is posted on the wall by the running shoes and the display shoes are marked with the letters "M", "C" or "S" to tell you the shoe type. Here are some other helpful shoe-buying tips: try on shoes at the end of the day because your feet are usually slightly larger then; replace your shoes every six to twelve months or every 500 miles, whichever comes first; and, do a little research at your favorite shoe company website or try www.runnersworld.com before you shop.

A little attention to these three items can go a long way to make your next effort at fitness a more pleasant one. If you are just starting, begin with short distances and build up slowly. Common sense should reign over the overzealous, overdoer attitude while allowing you to overcome the other extreme of sheer dread or laziness.

Become member of local AFSA chapter

If you are not involved in a professional military organization, you are missing out. The local Chapter 1054 of the Air Force Sergeants Association, right here at Sheppard, is growing by leaps and bounds. In just one short year, recruitment drives have accelerated membership from 253 to over 850. These new AFSA members have a voice in Washington, D.C.,

to protect their military benefits and pay. AFSA conducts recruitment drives, fund-raisers, volunteer work and a membership meeting each month. AFSA needs squadron points of contact to continue our success. Become a leader in your squadron and garner AFSA support. Come out and support your enlisted force. Grow in your professional development. Be-

come an AFSA member today.

Call Senior Master Sgt. Lucia Carracedo at 6-6221, or e-mail lucia.carracedo@sheppard.af.mil; or Master Sgt. Bionca Dean at 6-2286, or e-mail bionca.dean@shppard.af.mil for membership enrollment. AFSA is fighting for you—support the cause today! (Courtesy of AFSA)

Mission Fitness 2002 events for the week

Armed forces 5/10K fun run

The run starts Saturday at 8 a.m. in front of the north fitness center. For more information, call 6-6336 or 6-2972.

Fitness workshop

The workshop will be Tuesday from 9 a.m. to 3 p.m. at the south fitness cen-

ter. For more information, call 6-6336.

Youth center fitness day

The fitness day demonstrations will be held at the youth center Wednesday, starting at 4 p.m. For more information, call 6-2972.

Closing ceremony

The Fitness Month closing

ceremony will be held May 31 at the south fitness center from 4-5:30 p.m. For more information, call 6-2972.



Partners in Education
Members of the 82nd Security Forces Squadron pose with students from Sheppard Elementary after receiving the Partners in Education Sheppard AFB award during a recognition ceremony Tuesday for organizations involved in PIE. Many 82nd SFS members volunteer their time to improve the educational experience for Sheppard Elementary students. *(Photo by Staff Sgt. Jamie Eichhorn)*

Ceramic shop

Stop in at Sheppard's ceramic shop, Bldg. 832, for your entire ceramic hobby needs. There are free lessons and project storage space available. There are no shop fees involved and no pouring cards required. Over 2,500 craft projects are available with a full-line of paints, glazes and supplies. Project packing and shipping services are also available. Call 855-0118 for more information.

General activities

First Sheppard Chess Tournament

The community center will host the first Sheppard Chess Tournament May 25. The tournament begins at noon. Participants in the tournament must abide by the official U.S. Chess Federation rules, and must be a USCF member to go forth to the Air Force tournament. Anyone may enter. Boards for the tournament will be supplied by the facility. A volunteer USCF tournament director is needed to oversee the tournament. For more information or sign-up, call 6-3866.

Second annual build-a-boat race

The first team meeting for the second annual build-a-boat race will be at the community center on May 28 at 2 p.m., in the conference room. The race will be held June 15 at the main pool. Races start at 10:30 a.m. Participants must register by June 10. For more information and registration, call 6-3866.

Name the Services Mascot Contest

The information, tickets and tours office wants children ages 5-7 to name the Services "Bear" mascot. The Name the Services Mascot Contest runs until today. Winners will be selected on Monday and will be notified at that time. The winner will receive a goody basket from ITT, a free Friday night activity at the youth center and one free bowling game and shoe rental. The Services mascot will be on hand to present the prize package to the winner. Entries may be placed at the youth center or at ITT. Call 6-2302 or 6-KIDS for more information.

Asian-American/Pacific Islander story time for the month of May

The base library will celebrate Asian-American/Pacific Islander Month every Tuesday in May with story time from 10:30 – 11 a.m. Children and adults are invited to come and enjoy story time with members of the Asian American/Pacific Islander Committee. For more information, call 6-6152.

Upcoming trips

OKC botanical gardens trip

The Outdoor Recreation crew will host a trip to Oklahoma City to see the National Memorial and the botanical gardens May 25 from 8 a.m. – 7 p.m. The cost is \$15 per person. Those interested must register by Saturday. For more information and registration, call 6-4141.

Club activities

Officers club game league

The officers club game league holds tournaments in 9-ball, cricket, shuffle board, foosball and crud starting at 6:30 p.m. the second and fourth Thursday of each month. Food and beverages are 15 percent off during league play. Prizes will be awarded. For more information, call 6-6460.

Family Night

The enlisted club will host Family Night Thursday from 5:30-8 p.m. Guests can enjoy the family buffet and register for assorted door prizes. The event is sponsored by Chaney Financial Group (*No federal endorsement of sponsor intended*). All ranks are welcome. For more information, call 6-6427.

Seafood buffet dinner

The officers club will have a seafood buffet dinner tonight from 5:30-9 p.m. The cost is \$12.95 for members and \$14.95 for nonmembers. All ranks are welcome. For more information, call 6-6460.

Enlisted club comedy jam

The enlisted club presents Comic View comedians Marlin "Wan" Dexter and Dexter Smiles tonight. Doors will open at 8 p.m., and the show will start at 9 p.m. Ticket prices are \$8 for members and \$11 for nonmembers. This show is for a mature audience. For more information, call 6-6427.

Big Bucks Club drawing

Sheppard club members are eligible for the Big Bucks Club Card drawings held every Friday from 6-7 p.m. at the officers club or at the enlisted club.

At the Flicks

Friday 6:30 p.m.

Clockstoppers

Friday 9 p.m.

Death to Smoochy

Saturday 2 p.m.

The Rookie

Saturday 4:30 p.m.

High Crimes

Saturday 7 p.m.

Clockstoppers

Sunday 2 p.m.

High Crimes

Sunday 4:30 p.m.

Clockstoppers

Thursday 6:30 p.m.

Clockstoppers

This schedule is subject to change without notice. For movie information, call 6-4427.

Clockstoppers (PG) – Jesse Bradford, French Stewart – Zak discovers an odd wristwatch amidst his father's inventions and something very strange happens. The world around him seems to come to a stop.

High Crimes (PG-13) – Ashley Judd, Morgan Freeman – A Harvard Law School professor is forced to defend her husband in military court after the Army declares him a deserter and charges him with participating in a mass killing in El Salvador.

Death to Smoochy (R) – Robin Williams, Edward Norton – "Rainbow

Randolph" is the highest rated kid's show on TV. When Randolph gets busted for bribes, the network needs a squeaky clean replacement. Enter Sheldon and his alter-ego, a fuchsia plush rhino named "Smoochy." Sheldon soon learns, however, that children's television is a dangerous world steeped in corruption, backstabbing and violence.

The Rookie (G) – Dennis Quaid, Rachel Griffiths – The true story of high school science teacher and baseball coach Jim Morris.

Chapel Schedule

Student programs

Tuesday, 11 a.m. and 4:15 p.m., chapel rope meeting, North Chapel

Saturday, 5 p.m., Solid Rock Cafe, South Chapel

Sunday, 5 p.m., Student bible study and activity night, North Chapel

Catholic activities

Mass

Saturday, 5 p.m., North Chapel

Sunday, 9 a.m., North Chapel

Sunday, noon, North Chapel

Mon.-Fri., 11:30 a.m., North Chapel

Religious education

Sunday, 10:20 a.m., classes for preschool through adult, Bldg. 962

Reconciliation

Saturday, 4-4:30 p.m., North Chapel

Protestant activities

Worship services

Saturday, 6:30 p.m., Holy Eucharist with Praise and Worship, South Chapel

Sunday, 10:30 a.m., Holy Eucharist, Hospital Chapel

Sunday, 10:30 a.m., Inspirational Gospel Service, South Chapel

Sunday, 10:30 a.m. Protestant Community Service, North Chapel

Religious education

Saturday, 5:30 p.m., Growing in God's Grace, South Chapel

Sunday, 9 a.m., classes for ages 3 to adult, Bldg. 962

Bible studies

Tuesday, 6:30 p.m., South Chapel

Thursday, noon, South Chapel

Thursday, 7:00 p.m., Protestant Women of the Chapel, Bldg. 962

Saturday, 6:30 a.m., Protestant Men of the Chapel Bible study

Second Saturday of month, 8 a.m., Protestant Men of Chapel breakfast

Lay-led faith groups

Islamic activities, Friday, 1:45 p.m., South Chapel

Jewish activities, call Maxine Simpson, House of Jacob Synagogue at 322-4177

Latter Day Saints, Sunday, 2 p.m., Hospital Chapel

Mystic Grove Pagan Study Group, Wednesday, 6:30 p.m., Bldg. 962, call Kalista at 6-4370

For more information, call the base chapel at 6- 4370



Help
**TEAM
SHEPPARD**
WIN
BICYCLING
Magazine's



Bike to Work Challenge

May 31

More information to follow in the May 24 edition of the *Sheppard Senator*

Sheppard's point of contact is
Maj. Patrick Testerman, 6- 2800/2240

(No federal endorsement of sponsor intended)

366th TRS dominates the Dominator

By Ty Dirk

Senator contributor

With an impressive hitting display the 366th Training Squadron Electrical softball team captured their first Dominator Softball Tournament crown, run-ruling perennial intramural powerhouse 364th TRS, 18 – 4, in the championship game. The winners were led by a balanced attack from the top to the bottom of the line-up.

On the few occasions in the tournament that their offense sputtered, the 366th defense stepped up and held the opposition in check until the bats could break the game open. The champions didn't lose a game, winning three straight in pool play, then crush-

ing the opposition in bracket play.

One side note; the 361st TRS students finished tied for third with the 362nd TRS. This makes the third year in a row that a student team has finished in the top three.

“Sooner or later these kids are going to beat the old guys,” said tournament director Bubba Bubolz. “They came very close this year but just can't seem to get over the hump. I was very pleased with the sportsmanship and level of play. If this is any indication, the regular season should be a dandy. The team would like to recognize Andy Koehler and Steve DeFran for volunteering their time. These two busted their rear ends for the team and we appreciate it.”

Brag about your teams in the Senator. Call 6-7246.